

YOUR WELLNESS

Bingo!

Get 3 in a row and submit your completed Wellness Bingo Card on the DBH Now Blog under the Wellness section by Tuesday, Jan. 31.

**Staff who enter will be entered for a chance to win a prize!
Winner will be announced in the next Behavioral Health Buzz.**

Drink a gallon of water in a day at least twice

Make a list of goals for January

Exercise at least 4 times

Listen to the new Resilient and Real Podcast episode on Jan. 25

Check in on a friend

Disconnect from social media for a least a full day

Plan a self-care activity for the month of February

Read a new book in January

Get 8 hours of sleep at least 4 times